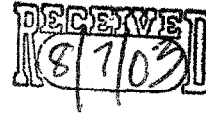




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July 29, 2003

Director  
Special Nutritionals  
Center for Food Safety and Applied Nutrition  
Food and Drug Administration  
200 C Street S.W.  
Washington, DC 20204



COPY

SENT VIA CERTIFIED MAIL – RETURN RECEIPT REQUESTED  
ARTICLE #: 7099 3400 0016 4139 9799

RE: PROCAPS EVENING PRIMROSE WITH BLACK CURRANT SEED OIL

Dear Sir / Madam:

This is a 30-day notification of a statement of nutritional support for a dietary supplement. The product name is **Andrew Lessman's ProCaps Evening Primrose with Black Currant Seed Oil**. The structure / function claims on all sizes and configurations of this product are identical. They are as follows:

**Andrew Lessman's ProCaps Evening Primrose with Black Currant Seed Oil** provides a concentrated blend of Essential Fatty Acids (particularly GLA) from Evening Primrose and Black Currant Seed oils to gently support women through the menstrual cycle. Just like vitamins, there are certain fatty acids your body cannot produce, yet are essential for optimum health and therefore must be obtained through your diet or supplementation. Used traditionally in America and in Europe to support women's health, Evening Primrose and Black Currant oils contain high levels of Gamma-Linolenic Acid (GLA), an essential Omega-6 fatty acid, and an important precursor to hormone-like substances in the body called prostaglandins. Evening Primrose Oil has been shown to support GLA levels and help to alleviate the mood swings and physical discomfort associated with premenstrual syndrome (PMS) for some women.

Respectfully Submitted,

Dr Nancy Steely, ND  
Director of Research

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